2001 California Dietary Practices Survey

Table 60a: Consumption of High Fat Sweets, Breakfast Pastries, and Frozen Dairy Desserts

Question: Yesterday, did you eat any desserts like cake, pie, cookies, brownies, or chocolate candy
Yesterday, did you eat any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or pop tarts?
Yesterday, did you eat any lowfat frozen dairy desserts like frozen yogurt, light ice cream, or soft serve?

Percent Ate

	High Fat Sweets	Breakfast Pastries	Lowfat Frozen Dairy Desserts[1]
Total	**42**	**15**	**14**
Sex			
Males	42	18 ***	14
Females	41	12	13
Males			
18 - 24	45	17	11 ***
25 - 34	39	17	9
35 - 50	39	18	12
51 - 64	42	17	20
65+	50	24	28
Females			
18 - 24	40	9	19
25 - 34	47	14	14
35 - 50	38	10	10
51 - 64	33	12	12
65+	46	12	15
Ethnicity			
White	45 ***	12 ***	12 ***
Hispanic	32	23	19
Black	47	19	6
Asian/ Pacific Islander	35	11	20
Education			
Less than high school	24 ***	22 **	14
High school graduate	44	16	14
Some college	44	13	12
College graduate	44	12	14
Income			
Less than $15,000	37	18 *	14
$15,000 - 24,999	43	18	12
$25,000 - 34,999	40	12	16
$35,000 - 49,999	48	12	20
$50,000+	45	12	11
Physically Active			
Did not meet recommendations	40	16 *	14
Met recommendations	44	13	13
Overweight Status			
Overweight/Obese	39 *	16	13
Not overweight	45	14	14

[1] About 2/3 of frozen dairy desserts were regular varieties, not reduced in fat.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

  * p<.05

 ** p<.01

*** p<.001